



CATHOLIC REGIONAL COLLEGE  
CAROLINE SPRINGS

# Faith and Spirituality in the Home

*I have come that they may have life, and have it abundantly (John 10:10)*

For Students & Parents 2021



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## Guiding Principles

This document contains resources to support and encourage a continue active participation in the life of the Church, through activities such as time in personal and family prayer, reflecting on the Scriptures, making a spiritual communion, educating yourself and the family in the faith or participating in a Mass online.

## Simple Suggestions

1. Set aside the same 30-60 minutes each Sunday when you would normally attend Mass as a time of personal/family prayer. For example, if you usually attend the 11am Mass with your family, continue to gather together at 11am each Sunday for prayer.
2. Create a 'home altar' around which you and your family can gather for prayer. You could cover it with a cloth that corresponds to the liturgical season and place on it a crucifix and sacred image (of Jesus, Mary or the saints), as well as a lit candle.
3. Think about the environment in which you will pray. Make sure there is no background noise or distractions.
4. Prepare any resources you might need ahead of the time of prayer. Make sure everyone has a digital or printed copy of the prayers. Have ready a means of playing music (phone, bluetooth speaker etc.), see below.

**Source:** <https://www.lavertonparish.org.au/page/183/Prayer-at-Home>



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## Daily Mass

### **What should I do if I can't go to Mass?**

If you are unable to be present at a celebration of the Eucharist, we encourage you to participate in other ways such as spending time in personal and family prayer, reflecting on and praying with the Scriptures (particularly the Mass readings), making a Stations of the Cross, praying the Rosary, making a spiritual communion (see below) and participating in Mass online (see more below).

### **What is a spiritual communion and how do I make one?**

Catholics have long been encouraged to partake in the practice of making a "spiritual communion" if they are unable to receive the Eucharist for a particular reason (for instance – being homebound).

This spiritual communion can be made in various ways. One common way of doing so involves spending a dedicated time of prayer and reflection on the Mass readings. The daily Mass readings can be viewed [online here](#). Another popular way is by reciting the prayer written by St. Alphonsus Liguori below.

#### ***An Act of Spiritual Communion***

***My Jesus, I believe that You are present in the Most Holy Sacrament.***

***I love You above all things, and I desire to receive You into my soul.***

***Since I cannot at this moment receive You sacramentally,***

***come at least spiritually into my heart.***

***I embrace You as if You were already there and unite myself wholly to You.***

***Never permit me to be separated from You.***

***Amen.***

### **How can I participate in Mass online?**

We can still participate in the celebration of Mass online thanks to modern technology. Many dioceses around the world provide online streaming of Masses, including our own Archdiocese of Melbourne. Below are some links to online Masses. **Source:**

**<https://melbournecatholic.org.au/News/Now-what-Online-Mass-and-other-resources>**



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## Mass Online

- **St Catherine of Siena, Caroline Springs**  
*Check website regularly for live mass streaming*  
<https://stcatherinecarolinesprings.org.au/>
- **Melbourne Catholic's live Mass streaming**  
<https://melbourncatholic.org.au/Mass>
- **Pope Francis**  
<https://www.vaticannews.va/en/pope-francis/mass-casa-santa-marta.pagelist.html>
- **Daily Mass, Adoration, Rosary**  
<https://www.youtube.com/user/CICWashingtonDC/videos>
- **Bishop Barron Daily Mass**  
<https://www.wordonfire.org/daily-mass/>



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## Helpful Prayers

- **Archdiocese of Melbourne**  
<https://melbournecatholic.org.au/News/prayers-in-a-time-of-pandemic>
- **Archdiocese of Sydney**  
<https://www.sydneycatholic.org/coronavirus-updates/prayer-resources-for-the-coronavirus-pandemic/>
- **Irish Catholic Bishop's Conference**  
<https://www.catholicbishops.ie/2020/03/16/prayer-resources-for-use-during-the-coronavirus-pandemic/>
- [The Celebration of the Word with Family](#)
- [The Rosary](#)
- [Confession](#)
- [The Angelus](#)  
*traditionally prayed at 6am, 12 midday and 6pm to commemorate the Incarnation*



## Scripture Resources

- **The Liturgy of the Hours**

*The Liturgy of the Hours is a treasure of the Church's spiritual heritage. It is a heavily Scriptural form of prayer prayed every day by priests, consecrated religious and many lay people. It helps us consecrate our entire day to God by prompting us to pause and pray at regular intervals.*

<http://www.universalis.com/>

- **10 minutes with Jesus**

<https://10minuteswithjesus.org/>

- **Digital Lectio Divina**

- <https://www.carpeverbum.org/about.html>

## Digital Devotions

- **Melbourne Catholic**

<https://melbournecatholic.org.au/News/digital-devotion-online-resources>

- **FORMED**

<https://formed.org/>

- **Magnificat**

<https://us.magnificat.net/free>

- **Saint of the Day**

<https://www.vaticannews.va/en/saints.htm>

- **Dominican Friars**

<https://www.opwest.org/>

- **St. Josemaria Institute**

<https://stjosemaria.org/the-way-of-lent/>



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- **Catholic Answers**  
<https://www.catholic.com/>
- **Church Pop**  
<https://churchpop.com/>
- **Prayer App**  
<https://hallow.com/>

## Prayer & Resources for Family's with Teenagers

- **Dynamic Catholic**  
*Compilation of resources, including videos and session outlines for you and your children.*  
<https://dynamiccatholic.com/>
- **Strong Catholic Family Faith**  
*Resources for catholic families.*  
<http://www.catholicfamilyfaith.org/>
- **National Federation of Catholic Youth Ministry**  
*A working list of online resources to support young people, parents, grandparents, prayer, mental health, and more.*  
<https://nfcym.org/>
- **Pflaum**  
*The content provides programs from each Sunday's Gospel, and students learn their faith within the rhythms and seasons of the liturgical year.*  
<https://www.pflaumweeklies.com/>
- **Catechist**  
*A tool that supports classroom preparation and presentation. Articles often contain craft ideas, patterns, and prayer services.*  
<https://www.catechist.com/>



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- **Life Teen**  
*Great resource for teenagers. Including a range of interesting articles aimed at the youth.*  
<https://lifeteen.com/>
- **All.u.re**  
*an educational organisation dedicated to helping girls value themselves from the inside out.*  
<https://www.rediscoverallure.org/>

## Online Videos

- **Christopher Stefanick**  
<https://www.youtube.com/user/ChrisStefanick/videos>
- **Matt Fradd**  
[https://www.youtube.com/channel/UClh4JeqYB1QN6f1h\\_bzmEng/videos](https://www.youtube.com/channel/UClh4JeqYB1QN6f1h_bzmEng/videos)
- **Ascension Press**  
<https://www.youtube.com/channel/UCVdGX3N-WIJ5nUvkIBTNhAw/videos>
- **Word on Fire**  
<https://www.youtube.com/user/wordonfirevideo/featured>
- **Fr Rob Galea**  
<https://www.youtube.com/user/thatsworship/videos>



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## Recommended Books

- <https://melbournecatholic.org.au/News/10-books-to-read-while-socially-distancing>
- <https://brandonvogt.com/best-catholic-books-of-all-time/>
- <http://media.ascensionpress.com/2019/10/15/13-books-that-should-be-on-every-catholics-bookshelf/>
- <https://www.listchallenges.com/50-books-every-catholic-should-read>
- <https://frjacquesphilippe.com/books>



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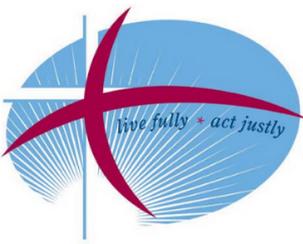
## Articles of Interest

- **1000 ways to love your neighbour during Coronavirus**  
<https://melbournecatholic.org.au/News/1000-ways-to-love-your-neighbour-during-coronavirus>
- **Coronavirus: Kindness vs fear**  
<https://melbournecatholic.org.au/News/coronavirus-kindness-vs-fear>
- **“Don’t waste these difficult days. While at home re-discover the importance of hugging kids and relatives”**  
[https://www.repubblica.it/vaticano/2020/03/18/news/coronavirus\\_pope\\_francis-251572693/](https://www.repubblica.it/vaticano/2020/03/18/news/coronavirus_pope_francis-251572693/)
- **10 Things You Should Do Until Public Masses Return**  
<https://www.ncregister.com/blog/armstrong/no-mass>
- **In the time of COVID-19, the cloistered life offers lessons for the world**  
<https://cruxnow.com/church-in-the-usa/2020/03/in-the-time-of-covid-19-the-cloistered-life-offers-lessons-for-the-world/>

## Parish Websites

### Local Parishes

- **St Catherine of Siena Parish, Caroline Springs**  
<https://www.youtube.com/channel/UCvYNhnHMm3Mzs5IzT9i-6gg>
- **Resurrection Parish, Kings Park**  
<https://livestream.com/resurrection>
- **Sacred Heart/Emmaus, St Albans/Sydenham**  
<https://www.youtube.com/channel/UCN-G9lQOotTeJbr8Jl-t12A>



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## City Parishes

- **St Patrick's Cathedral, Melbourne**  
<https://www.cam.org.au/cathedral>
- **St Francis, Melbourne**  
<http://www.stfrancismelbourne.com/>
- **St Mary's, West Melbourne**  
<https://www.stmaryswestmelbourne.org/>